

## **Abstract**

**Title:** The influence of active and passive recovery for repetitive short-term motorised exercise

**Objectives:** To explore and discover the influence of active and passive recovery for repetitive short-term motorised exercise.

**Methods:** Research of the professional publications used during the process. Target group sample consists of female footballers of FK Dukla Praha, who actively play the chosen sport - football. The entire sample were divided into two groups containing 5 members. Each group completed 2 tests with a different type of recovery and a 48 hour break. The results were measured with a photocell and then evaluated and utilised.

**Results:** We discovered that during repetitive short-term motorised exercise passive recovery is better than active recovery. For passive recovery, the overall average of the measured values of 10.6 and active recovery, it was 10.67.

**Keywords:** active recovery, passive recovery, motorised exercise, agility of performance